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# Multidisciplinary lifestyle intervention in children and adolescents: Results of the **GRIT** (Growth, Resilience, Insights, Thrive) pilot study



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## AIM

Feasibility and effect of a **multidisciplinary lifestyle program** in sedentary children and adolescents on:

- Cardiorespiratory fitness
- Nutrient intake & diet quality
- Self-concept (beliefs about oneself)

## METHODS

12-weeks, non-institutionalised **group-based**

1. HIIT running 3/week
2. 5 x workshops (healthy food & cooking)
3. 1 x psychologist session tapping & mindful eating exercise

## RESULTS

- 38 commenced, 63% completed
- Trend  $\uparrow$   $VO_2$  peak ( $p=0.06$ )
- $\uparrow$  Healthy core foods (by 6.0% of energy,  $p=0.02$ )
- $\uparrow$  Self-concept total (by 2.8,  $p=0.02$ ) & **physical appearance and attributes** (by 6.0,  $p=0.02$ )

GRIT completers improved self-concept and intake of healthy core foods.

Feedback can be utilised to increase retention in future trials.